



WELLNESS WEEKLY

MAY 5, 2014

MAY IS...

- ♦ Asthma and Allergy Awareness Month
- ♦ Employee Health & Fitness Month
- ♦ National High Blood Pressure Education Month
- ♦ National Bike Month
- ♦ National Melanoma/Skin Cancer Awareness Month

### **ATTENTION:**

**Wellness AMBASSADORS,  
Wellness CHAMPIONS &  
City EMPLOYEES.**

**Would you like to host an  
EVENT at YOUR AGENCY  
or worksite location?**

**For information contact  
the**

**Wellness office at**

**Wellness**

**@baltimorecity.gov or via  
phone at: 410 396-3872**

**ALL WELLNESS EVENTS  
ARE FREE & OPEN TO ALL  
CITY EMPLOYEES.**

Attend a wellness event and your name will be automatically entered into a monthly drawing for a free fitness giveaway!

(Winners do not have to be present at the time of drawing to win)

**CONGRATULATIONS TO  
MICHAEL WILMORE OF DOT  
WHO IS APRIL'S  
WINNER!**



## **This Week's Events:**

<b><u>Event</u></b>	<b><u>Date</u></b>	<b><u>Location</u></b>	<b><u>Time</u></b>
Managing Allergies (sponsored by Kaiser Permanente)	May 7	Department of Human Resources 201 E. Baltimore Street 5th Floor, Room 5A (across from Benefits Division) <b>Registration Required:</b> <a href="http://www.cityofbaltimorewellness.com">www.cityofbaltimorewellness.com</a>	12:00-1:00 p.m.
Baltimore Bike Rides (weekly) (sponsored by Baltimore City Recreation & Parks)	May 9- Oct. 31	War Memorial Plaza 100 N. Holliday Street Baltimore, MD 21202 <b>Registration Preferred:</b> <a href="http://www.cityofbaltimorewellness.com">www.cityofbaltimorewellness.com</a>	12:00-1:00 p.m.

## **Coming Soon:**

<b><u>Event</u></b>	<b><u>Date</u></b>	<b><u>Location</u></b>	<b><u>Time</u></b>
So What Can I Eat? What You Need To Know About Food Allergies, Intolerances and Sensitivities (Sponsored by United Healthcare)	May 13	Online Seminar (Open to All Employees) <b>Registration Required:</b> <a href="http://www.Source4women.com">www.Source4women.com</a> CLICK: [Online Seminars & Events] Unable to attend? Review the presentation any time after the scheduled date. Go to: <a href="http://www.Source4Women.com">www.Source4Women.com</a> CLICK: Online Seminars & Events; Previously Recorded Seminars	12:00-1:00 p.m.
Heart Health (information table in the lobby) (Sponsored by Aetna)	May 21	The Benton Building 417 E. Fayette Street Baltimore, MD 21202	12:00-2:00 p.m.

### **What is Asthma ?**

Asthma is a chronic inflammatory lung disease. Certain triggers constrict the airways leading to the lungs. The lining of these airways swells and excess mucus builds up. Together, these actions can severely restrict air flow. This can cause difficult breathing, wheezing and coughing.

### **You can help take control of your asthma by taking four steps:**

1. Work with your doctor to learn asthma self-care.
2. Learn about your medicines and how to take them.
3. Identify your asthma triggers, and avoid them.
4. Know how to self-monitor your asthma and what to do if you have signs of an asthma attack.

### **Common Triggers include:**

- Allergens , such as dust mites, mold and pollen
- Weather
- Exercise
- Airborne irritants such as chemical fumes, tobacco and wood stove smoke
- Respiratory infections
- Strong emotions, such as laughing, crying and stress

**This information provided by The American Cancer Society is not intended nor implied to be a substitute for professional medical advice. It is provided for educational purposes only.**

### **ATTENTION!!!!**

**Connect with us on FACEBOOK at: City-of-Baltimore-Wellness**

**OR**

**On the WEB at : <http://humanresources.baltimorecity.gov/Wellness.aspx>**